

**Summer Favorite!**

# Essex Park and Recreation

Offers

## Running Rams Track & Field Camp

*With Coach Pete Capezzone*

**Location:** Valley Regional High School

**Fee:** \$130      **Ages:** 6-15

**Day:** M-F      **Time:** 5-8p      **Dates:** Jun 22—26



The camp will feature instruction in many track and field disciplines from some of the area's best coaches. All athletes, novice or experiences, will have the opportunity to experience areas such as sprinting, middle distance and distance running, hurdling, high, long and triple jumping, as well as shot putting, discus, and javelin throwing.

All the skills learned will prepare athletes for future involvement with track and field, but can also be easily translated to other sports. Coaches will instruct the participants on important stretches and warm ups that are essential to all successful athletic programs.

Register online at

[www.essexct.gov/park-and-recreation](http://www.essexct.gov/park-and-recreation)

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Contact Us:

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